

What  
I did  
well  
today.



*Celebrate the wins.*

Today's Date

Any Cleaning or Tidying?

- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

Any money saving?

What did I not buy online or irl?

How much did I save?

What did I do that felt  
good?

Did I accomplish a step  
toward an end goal?

- \* I got up \_\_\_\_\_
- \* I got dressed \_\_\_\_\_
- \* I fed myself \_\_\_\_\_

Tomorrow I'd like to \_\_\_\_\_

What  
I did  
well  
today.



*Celebrate the wins.*

Today's Date  
May 2025

Any money saving?  
What did I not buy online or irl?  
How much did I save?

I deleted the \$157.00  
patio chair before  
finalizing my order. I  
just got the stuff I  
actually needed.

Any Cleaning or Tidying?

- \* Went to car wash.
- \* Dealt with an item left on the  
kitchen counter.
- \* Filled dishwasher.

What did I do that felt  
good?

I picked up paint, tape  
and a brush for my  
wall project.

I was on time for my  
appointment without driving  
like a maniac.

Washed car.

Did I accomplish a step  
toward an end goal?

- \* I got up ✓
- \* I got dressed ✓
- \* I fed myself ✓

Tomorrow I'd like to Wash the wall I want to paint